

Basic Weight Training Exercises



Muscle groups: Hips, thighs, buttocks

Exercise: In front of a sturdy, armless chair, stand with feet slightly more than shoulder-width apart. Extend your arms out so they are parallel to the ground and lean forward a little at the hips. Make sure that your knees **NEVER** come forward past your toes; lower yourself in a slow, controlled motion, until you reach a near-sitting position. Pause. Then, to a count of two, slowly rise back up to a standing position. Keep your knees over your ankles and your back straight. Add weight at your sides when you are ready.



Muscle groups: Upper legs and hips

Exercise: Stand next to a counter or sturdy chair with your feet about shoulder-width apart. Hold the counter or chair with your right hand for balance. Take a large step forward with your right foot. Bend your right knee and lower your hips toward the floor. Make sure that your right knee stays above your right ankle as you lower. Push against the floor with your right foot to raise yourself up and step back to the starting position. You can add weights if you choose.



Muscle group: Chest

Exercise: Chest press: Lie on your back on the floor, knees bent and feet flat on the floor. Hold a dumbbell in each hand at chest level, about shoulder width apart. Your elbows should be bent and your palms should face your knees. Slowly straighten your arms toward the ceiling, directly above your chest to a count of two. Slowly lower the dumbbells back to your chest.



Muscle group: Shoulders

Exercise: Overhead Press: Stand or sit in an armless chair with feet shoulder-width apart. With a dumbbell in each hand, raise your hands, palms facing forward, until the dumbbells are level with your shoulders and parallel to the floor. Slowly push the dumbbells up over your head until your arms are fully extended—but don't lock your elbows. Lower down to 90° slowly.



Muscle group: Shoulders

Exercise: Lateral Raise: Stand or sit in an armless chair with feet shoulder-width apart. With a dumbbell in each hand, raise your hands, palms facing forward, until the dumbbells are level with your shoulders and parallel to the floor. Slowly push the dumbbells up over your head until your arms are fully extended—but don't lock your elbows



Muscle groups: Upper arms and back

Exercises: Upright Row: Stand with feet about hip-width apart, holding a dumbbell in each hand. Hold the dumbbells in front of your thighs, palms facing your thighs. Bend your elbows and raise the dumbbells in front of your body, to the count of two, until they are at chest height. Raise your elbows slightly higher than the dumbbells. Lower the dumbbells slowly to the starting position.



Muscle group: Lower back

Exercise: Back extension: Lie on the floor facedown, with two pillows under your hips. Extend your arms straight overhead on the floor. Slowly lift your right arm and left leg off the floor, keeping them at the same level. Pause. Then, to a count of four, slowly lower your arm and leg back to the floor.



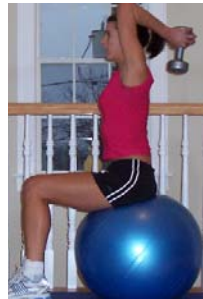
Muscle group: Biceps

Exercise: Bicep curls: Stand or sit with a dumbbell in each hand and feet shoulder-width apart, arms at your sides, and palms facing forward. Slowly lift up the weights, while keeping your upper arms and elbows close to your side. Keep your wrists straight and dumbbells parallel to the floor. Pause. Then, slowly lower the dumbbells back down toward your thighs.



Muscle group: Triceps

Exercise: Overhead tricep extension: Take the weight straight up overhead with the arms next to the ears. Lower the weight behind the head until elbows are at about 90 degree angles. Squeeze the triceps to straighten the arms without locking the joints.



Muscle group: Abdominals

Exercise: Abdominal curl: Lie on your back on the floor, knees bent and feet flat on the floor. Place your hands behind your head, elbows pointing out. Slowly raise your shoulders and upper back off the floor to the count of two. Pause. Slowly lower your shoulders back to the floor to the count of two. Exhale as you rise up, inhale back down. Keep your chin lifted toward the ceiling and elbows pointed out.

